



# **INNOVATIVE METHODS IN ADULT EDUCATION**

**5th project meeting in Zollino  
July 6-11, 2014**



# **INNOVATIVE METHODS IN ADULT EDUCATION**



**The continuous processes of transformation which characterize our society undoubtedly present many challenges as far as education and training are concerned. Until fairly recently there was a time for each of us to learn and a time to work. Nowadays, we learn while we learn to work, and while working we keep absorbing new professional skills and competences.**



**The concept of “metacompetences” is used in fact to highlight that true learning consists in each individual’s ability to adapt to rapid changes in the fields of technology, epistemology and the labor market.**



**We need therefore to look at the learning process as a continuum, a process not limited by the time frame of scholastic instruction which carries on throughout our lives. A lifelong journey, the road can be bumpy at times, punctuated by fits and starts. This is why *lifelong learning* is the new framework for education, through which we can keep up with rapid changes and can participate in any economic and social activity.**



**Lifelong learning is in fact a tool for avoiding social marginalization, beginning before school and continuing after retirement, and is therefore a way of achieving primary aims, such as active citizenship, self-fulfillment, equality of opportunity and social inclusion.**



- **FORMAL LEARNING:** This refers to education aimed at obtaining qualifications and diplomas;
- **INFORMAL LEARNING:** Learning while working or collaborating in groups, associations, trade unions, political parties, but which does not lead to the attainment of official certifications (e.g. music courses, sports, etc).
- **INFORMAL EDUCATION:** This refers to everyday life learning, often through non-intentional activities which enrich us culturally and professionally.



**This new conceptual and practical frame work does not regard adult education as a “second chance” to fill potential learning gaps, but it sees education as a whole, as a lifelong opportunity focused on the needs, ambitions and possibilities of learners. Lifelong learning allows us not only to improve ourselves, but also to participate in our social, political and cultural life contributing to the well-being of those around us.**





**In our village, the association Center for the Elderly has been applying this framework for several years. Many initiatives have been supported by the Municipality of Zollino; some of these could be defined as more formal, such as, for example, a computer science course which has enabled the elderly to acquire the basic skills required to use the computer; the Center has also planned an English course to provide the elderly with the basic knowledge of the English language.**



**Many other activities facilitate instead informal learning through games, small projects, activities for children; the latter becomes, moreover, an opportunity for inter-generational exchange and collective growth. The low impact exercise classes have become an important opportunity for health education and prevention of age-related diseases.**



**This is also an important tool for social inclusion and a tool to overcome situations which could potentially lead to anxiety and depression episodes associated with old age. In addition to this, the support of specialized personnel and the use of music while exercising help people to achieve harmony, which is the premise for personal and social well-being.**



**The chorus of the elderly is, moreover, an excellent opportunity for cultural and relational growth, but Francesca Zacheo, the director of the chorus, will tell us more about this/has already told us about this.**



**Several educational and psychological studies have established that man never stops learning and that education must meet the needs of all ages; we hope therefore that life-long learning activities will continue to be implemented and will increasingly engage the elderly, young people, adults, children, women and men of all ages and all nationalities; our wish is to make this way a substantial contribution to social cohesion, intercultural dialogue, to rights equality and personal fulfillment.**



**The projects implemented in our village have contributed to a real improvement in the quality of life of adults and the elderly; they have also helped preventing cases potentially leading to psychological and physical discomfort, and have reinforced a sense of community belonging, fostering an optimal use of local resources and valorizing the people of our community.**



**DOMANDE?**

**SUGGERIMENTI?**

**PROPOSTE?**